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ABSTRACT

The Community Outreach Curriculum described in this paper is designed to prepare community health aides employed through the Outreach Department of Pima County (Arizona) Indian Health Inc., (PCIHI), which consists of two medical clinics on two separate reservations. The first sections of the paper describe PCIHI, provide a rationale for the curriculum based on the rising community health needs of the Indian population of Pima County, offer a statement of goals and objectives for the curriculum, and describe the students for whom the curriculum is intended. Next, brief descriptions of the following courses offered in the curriculum are given: (1) Traffic Safety; (2) Patient Vital Signs; (3) Charting; (4) First Aid; (5) Cardio-Pulmonary Resuscitation; (6) Hygiene; (7) Diet; (8) Venereal Disease; (9) Contraception; (10) Health in Pregnancy; (11) New Baby Care; (12) Parasites; (13) Home Bound Patients; (14) Diabetic Teaching; (15) Hypertension; and (16) Substance Abuse. The final sections of the paper examine issues related to the implementation of the curriculum, evaluation criteria for each of the curricular objectives, and procedures for curriculum revision. (LAL)

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CURRICULUM FOR COMMUNITY HEALTH WORKERS

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TYPE OF INSTITUTION

Pima County Indian Health Inc. consists of two medical clinics. They are staffed by doctors, nurses, nurse practitioners, laboratory technicians, community health workers, and assorted clerical and bookkeeping personnel. These clinics are located within Pima County on two separate reservations. They are governed by one administration that is mandated by a tribal council. This council consists of ten tribal members and is presided over by the present "Chief".

This organization is ultimately governed by the Bureau of Indian Affairs, as it provides the main financial support base. As a result, programs and their standards are mandated through federal regulatory channels.

The target population served is approximately 3000 registered Indians. The majority of the professional medical personnel are non-Indian in background. The administration and clerical staff are predominantly tribal members.

Acute medical care is provided through some participating private hospitals, although the majority is provided at Pima County Medical Center.

RATIONALE

It has been documented over the past several years that the Indian population of Pima County has shown a significant rise in community health needs. This was evidenced by increased;

- a.) Unplanned pregnancy
- b.) Neglected child immunizations
- c.) Poor or no pre-natal care
- d.) Parasite infestations
- e.) Chronic disease complications
- f.) Substance abuse

Each clinic rotates its doctors, nurse practitioners, nurses, and lab technicians. Each clinic, however, has its' own full-time clinic nurse and clerical staff. Within the clinic, there is an Outreach Department consisting of one Public Health Nurse and three to five Community Health Aids. The Outreach Department has the responsibility of maintaining some link with the tribal members and their families. Hopefully, this will insure some continuity of care from acute intervention to home follow-up. Preventative health instruction with regular clinic appointments will provide patients with adequate general health practices.

The curriculum proposed here is targeted to meet the knowledge needs of the Community Health Aides. These aids will be employed on a full time basis. They will be chosen from the members of the reservation. This policy is necessary to improve acceptance and compliance among the target population. This population of Indians is generally non-accepting of outsiders (non-Indians) as care providers and health teachers. The preferrability of an Indian Public Health Nurse and Doctors is obvious, however, unavailable.

Since many of the population to be served will be dependent on reservation resources for transportation, much of the patient's preventative care is carried out within the home. Most of the Indian population are not educated above the tenth grade level within this tribal unit.

Based on this information, a broad general curriculum needed to be developed based on a pragmatic philosophy. The courses, themselves, will be conducted at the clinics. The majority of the practical aspects of the educational process will continue within the community setting with the patients in their homes.

STATEMENT OF GOALS AND OBJECTIVES

The goal of this Community Outreach Curriculum is to prepare community health aides as an extension of the site

clinics. These workers will have more direct contact with the target population. As a result, the clinic supervisory staff has an obligation to insure that those who come in contact with the patients have as broad a knowledge base as possible. This knowledge will enable the workers to recognize potential as well as acute problems. They will then be able to intervene appropriately or be able to refer the patient, through appropriate channels, for the care required.

Objective I

Upon completion of this series, each student will have acquired sufficient courses to qualify for certification as a Community Health Worker.

Objective II

Each student will have the skills necessary to transport patients and materials in a safe and timely manner.

Objective III

Each student will have acquired sufficient knowledge to handle most emergencies safely.

Objective IV

Each student will have sufficient knowledge to assist in pre-natal guidance to include infant and child care.

Objective V

Each student will be able to help supervise home care of chronically ill patients to include ambulatory and bed-ridden types.

Objective VI

Each student will have gained the knowledge needed to enable them to improve their own quality of life.

STUDENTS FOR WHOM INTENDED

This course curriculum will be required of all Community Health Aides employed through the Outreach Department. The course is designed to be easily understood by anyone enrolled. Students are going to be from varied age groups, preferably over 21. The Community Health Aides, although from a predominantly unmotivated population, are more interested in improving the quality of their lives as well as that of their families. This is evidenced by their active solicitation of employment beyond AFDC levels.

Since the students are from the target population, this program and its contents will be shared with their family and friends. As a result, a greater number will benefit from the content.

Once the initial group has completed the curriculum, other personnel and community members will have the opportunity to go through the program.

Class size will be limited to five students each session. This proposed to increase learning potential and enhance student participation.

COURSES OFFERED

1. Traffic Safety - This will be a refresher course of basic traffic safety to include defensive driving and passenger safety. The class format will be based on films and lectures followed by four hours of supervised driving.
Course Length: 8 Hours (exclusive of supervised driving)
2. Vital Signs - Each aspect of patient vital signs will be covered including blood pressure, temperature, pulse, respiratory rates, each with normal variations. These topics will be covered through lectures, films, and student participation demonstrations
Course Length: 8 Hours

3. Charting - This course will center around discriminating between pertinent and nonpertinent data. Students will be instructed in proper documentation particular to medical charting. Class format will consist of lectures and student - instructor discussion.
Course Length: 4 Hours
4. First Aid - This will be a generalized, basic course to include minor emergencies, bites, bleeding control, splinting, and bandaging. Classroom format will include lecture, film, and demonstration.
Course Length: 12 Hours
5. Cardio-Pulmonary Resuscitation - This course will be based and conducted entirely according to American Heart Assn. format. It will consist of lecture, films, and demonstration. Practice sessions, both supervised and unsupervised will follow classroom lecture.
Course Length: 16 Hours
6. Hygiene - This course will consist of lecture designed to stress the importance of hygiene to the overall community.
Course Length: 4 Hours
7. Diet - Various types of diets will be discussed that pertain to illness states. Requirements and restrictions, as they affect health will also be covered. Class format will primarily entail lecture with discussion.
Course Length: 4 Hours

8. Veneral Disease - This course will include films and lecture discussing prevalent types with their corresponding symptoms and distinguishing recognizing properties. Referral sources and types of treatment will be discussed through Health Department materials.
CourseLength: 16 Hours
9. Contraception - All forms of presently prescribed birth control will be covered as well as how each one works. Pros and cons of each method with their effectiveness will also be covered in lecture and films.
Course Length: 8 Hours
10. Health in Pregnancy - This course will cover all phases of pregnancy, childbirth, as well as potential problems and early warning signs of impending danger. Alternative birthing processes will be discussed along with available resources for further information.
Course Length: 12 Hours
11. New Baby Care - All aspects of how to care for a new baby will be comprehensively covered. The topics will include bathing, feeding and nutritional requirements, followed by immunizations and appropriate schedules, childhood diseases with recognition and care. Class will consist of films, lecture, and demonstration.
Course Length: 12 Hours
12. Parasites - This course will cover all known parasitic entities common to the childhood years. Also discussed

will be recognition, methods of transmission, and treatment modalities for patients as well as home environments. Class format will be lectures, films, and discussion.

Course Length: 8 Hours

13. Home Bound Patients - This course will discuss care of bed-ridden patients at home. Topics will include family participation of care consisting of feeding, bathing, and medication administration. Class format will include lecture and demonstrations.

Course Length: 6 Hours

14. Diabetic Teaching - Students will be instructed in general aspects of this disease process as well as their complications. Types of medications along with their respective schedules and techniques of administration will be discussed. Commonly encountered complications and their treatment, plus referral sources for patients are covered through lectures and film.

Course Length: 8 Hours

15. Hypertension - Students will be exposed to basic general aspects of hypertension along with signs, symptoms, and danger signals. Medication types, schedules, and importance of compliance will be covered in a lecture format.

Course Length: 8 Hours

16. Substance Abuse. - Various forms of substance abuse will be discussed as well as their resultant consequences

and treatment modalities. Referral sources and agencies will be introduced through lecture format.

Course Length: 10 Hours

IMPLEMENTATION

The facilities required for classes are available at both clinics. We will be using one of the conference rooms, one of which is always available. Equipment for film projection is also available from the clinic as well as some audio-visual aids. The clinic will be able to provide medical equipment and some charts for use as lecture and demonstration aids. All other necessary materials will be acquired from public agencies to include the Public Health Dept., American Heart Assn., and American Diabetic Assn.

The faculty will consist of medical personnel from each clinic, primarily the Public Health Nurses. Other lecturers will be utilized as much as possible where available. This will help broaden the students' interest and participation in the subjects.

The projected course schedule will run over one year. Classes will be conducted once a week during regular work hours. The length of each class period will be four hours to include two ten minute breaks. This type of format is the most feasible considering the workload of these students is too conflicting to allow more time each week. The total

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course series length may vary to some degree due to unforeseen rescheduling or cancellations.

EVALUATION

Curriculum evaluation for this type of program will be based on a wide range of input data. The courses are designed to improve the overall health of this target population. Patients will be interviewed, as well as the students to ascertain the overall effectiveness and to determine changes needed to improve the overall quality.

Objective I

Each student will undergo written examination following each course. Successful completion of these will qualify the student for certification as Community Health Aides. Students will be required to demonstrate proficiency in 85% of tested materials for qualification.

Objective II

Each student will demonstrate safe defensive driving skills as evidenced by a 90% correct score on written and driving tests.

Objective III

Each student will correctly identify emergency situations with their appropriate interventions through written exams and return demonstrations with 90% accuracy.

Objective IV

Students will demonstrate broad general knowledge of reproduction process and pertinent warning symptoms. They will also have working practical knowledge of infant and child care as evidenced through written exams and return demonstrations with 90% accuracy.

Objective V

Each student will demonstrate understanding of chronic illness and care requirements for home bound patients. This will be evidenced by proper return demonstration and written exams with 100% accuracy.

Objective VI

Each student will establish written objectives for improvement of personal health issues that are important to them and their families.

PROCEDURE FOR REVISION

Instructor and course evaluation will be conducted at the completion of each course. A questionnaire will be distributed and turned in by each student. This method will enable the instructor to make necessary revisions while they are still fresh. Constant improvement by these revisions will also enhance participation by the students as well as the instructors.

At the completion of the entire course curriculum, there will be an overall evaluation by the students. This will enable the faculty to ascertain strengths and weaknesses, plus identify courses that need to be deleted or ones that should be added.